



RELATIONSHIP BETWEEN FOOD, BIO MAGNETISM AND ALCOHOLISM

S. Maheswari* & Dr. A. Rajam**

* Yoga Instructor & ** Assistant Physical Director, Mother Teresa
Women's University, Kodikanal, Tamilnadu

Abstract:

Human bodies need good quality food packed with nutrients. Human body's metabolic, hormonal, mental, physical and chemical functions can be performed well only with nutritive foods. Food is the major source of energy to maintain body structure, growth and function. Diet is the word often stresses the use of specific intake of nutritive food. Dietary habits and choices play a significant role in obtaining and maintain the quality of life. There is a close relationship between substance abusive habit and nutrition. Substance abuse generally leads to a lack of proper nutrition and in the same way lack of proper nutrition also leads to substance abuse. This fact has been supported by many numbers of studies.

Key words: Alcoholism, Nutrition, Bio-Magnetism, Food & Diet

Objective:

This material has been prepared to educate that there is a close relationship between food and alcoholism and on how improper dietary practice leads to alcoholism and on the other hand how alcoholism leads to malnutrition.

Role of Dietary Practices in Alcoholism:

Alcoholics often eat less. Deficiency in supply of essential nutrients affects energy supply, lack in energy supply leads to poor physical and mental functioning and well being. Lack of a single vitamin or mineral can cause metabolic imbalances that will create addictive cravings (Stitt, 2004; Finnegan, 1989). The most profound impact alcohol has on the physiology of the drinker is malnutrition.

Lack of balanced diet is a major cause for alcohol and drug use, because of a lack of vital energy or magnetism in the body. The quality and the right quantity of the food taken decides the quality and quantity of the life energy particles in the body, the quality and quantity of the life energy particles in the body decides the quality and the quantity of the bio magnetism /bio -current in the body, finally, this quality and quantity of the bio- magnetism in the body decides the physical and mental health of an individual (Vetharhiri Maharishi).

Type of Food in Creation of Craving:

Phylos's explanation on the two poles of magnetism, positive and negative, proves this a lot. The human body (and all animal bodies) is positive in polarity, while vegetable and plants are negative. Man needs magnetic balance for health and to resist the craving for drugs.

Bio -magnetism is the key to human vitality or energy. A diet high in animal products and low in vegetable, grains, nuts, seeds, and fruits will have the effect of creating a magnetic-electrical and chemical deficiency.

Low magnetic levels in the brain and body are caused by deficiencies of folic acid, zinc, thiamin, and other nutrients, this is because of the increasing habit of meat-based diet. It is nutritionally inadequate in terms of antioxidant vitamins and minerals, and deficient in negative magnetism. Over time, the animal product diet can create abnormal cravings for drugs which will differ in strength depending on nutrient availability and level of magnetic balance.

Biochemically due to such a diet the natural Opioids (Inhibitor of stress and anxiety) no longer function as they should, causing craving and eventually, with drug use and addiction. Diet is the key to the synthesis of the neurotransmitter serotonin, and serotonin has been repeatedly linked to drug taking. The dietary precursor for serotonin is the amino acid tryptophan which is low in a high-protein diet and high in a high-carbohydrate diet. Poor carbohydrates (sugar) with high-protein diets (meat) are likely agents of abnormally low serotonin levels. Serotonin deficiency has also been linked to various states of mental illness, drug-taking and violent crimes. (Sandyk-R L, 1992)

Animal Studies:

Rats that were deficient in certain vitamins (e.g., Vitamin A, thiamine, riboflavin, pantothenic acid, and vitamin B6) consumed more alcohol than those that were not vitamin deficient. But once those vitamins were returned to the diet, alcohol consumption was decreased. (Beasley et al, 1994)

Roger J. Williams, a biochemist, a dedicated alcohol researcher, showed that animals given the choice between alcohol and water, they chose alcohol more frequently when they were nutritionally deficient than when they were well fed. This result helped him to offer a conclusion that no one who follows good nutritional practices will ever become an alcoholic. Good nutritional plan is an indicator of the successful treatment of the drug dependency.

Role of Alcoholism in Making Malnutrition:

The well-being of an individual depends more on perfect nutrition than on anything else. The end benefit of the perfect diet is ensuring the surplus presence of bio-energy/magnetism in the body. But alcohol is a peculiar substance which absorbs up the life energy/bio-magnetism of those which has its contact with. This is because, chemically, certain definite chemical compound made up of certain chemical atoms held together in a particular way. The alcohol -radical is made up of two elements- carbon and hydrogen- perfectly harmless in themselves, perfectly respectable members of the chemical family. They only disreputable in their combination into a particular form, and when get a particular combination of them and add to them part of the molecule of water, then which is called as spirit, which is of course largely diluted before ordinarily taken, but the mischievous part of this diluted drink is the particular combination of chemical atoms and the proportion they bear to each other have their role on the core essence of the things, with which it goes in contact with and it has been named by the chemist as the alcohol -radical. (Annie Besant), Above is the reason for cause that alcohol absorbs the bio-magnetic energy and life force particles from the genes and tissues and this makes the person physically, mentally and psychically weak and unstable.

Alcohol obstructs with the nutritional process by affecting digestion, storage, utilization, and excretion of nutrients. (Feinman, L.) Even if nutrients are digested and absorbed, alcohol can prevent them from being fully utilized by altering their transport, storage, and excretion. (Thomson, A.D)

Besides, Alcohol influences the cells of the midbrain that regulate sensations of appetite by suppressing desire for food, but, encourage alcohol intake. It provides a lot of calories without essential nutrients so energy provided is short-lived and leaves the body without providing proper nutritional supply. And after the initial rush of energy provided by alcohol, there's a severe drop in blood glucose levels that leads to fatigue, depression, and loss of energy, this will motivate further to seek for alcohol to be in normal. This may still complicate the problem of substance abuse.

In précis, it may be concluded that though it is tough to change from a habitual behavior, the right and the best way is, to get adapted to the combination of an adequate diet plan and abstention from alcohol.

Nutrition is the key in the substance abuse healing process because it helps in restoration of physical and mental health and in improving the chances of recovery. A nutritional diet plan can lead to arrest the symptoms of depression, anxiety and low energy, all of which can lead to motivate recovery and avoid a relapse. All of these can be result from a balanced diet. (Alyssa Salz)

A study of patients receiving in-patient treatment for alcoholism where half receive only the regular treatment plan and half receive a nutritional program . Six months after discharge, only 33 percent of the patients in the regular program remain sober, whereas 81 percent of the nutritionally-supported group remains sober. (Phelps, Keller, and Nourse, 1986; Finnegan and Gray, 1990).

In 1974 Dr Russell E. Smith worked with 507 hard core alcoholics at Brighton Hospital, Detroit Michigan, over three years and proved that Vitamin therapy and good nutrition has a remedial effect on alcoholism.

A Simple Diet Plan:

A varied diet rich in good carbohydrates, good quality proteins (vegetable proteins), essential fats , Whole foods (foods that have not been altered extensively from their original state), whole grains, fresh fruits and vegetables as a source of vitamins and minerals and plenty of water should be considered and utilized as a tool to help the recovery process.

Alcoholics or recovering alcoholics should always keep off themselves from foods that are processed and preserved with chemicals and too much of spices. Moreover, importantly, Diet has intimate connection with the mind. Mind is formed out of the subtlest portion of food. Consumed food becomes threefold: the gross particles become excrement, the middling ones flesh and the fine ones the mind. So there is a close relationship between type of food and mood. Among the three types of diets viz., sattvic, rajasic and tamasic, purification of inner nature (mind) is possible through sattvic diet. Control over the mind can be attained easily, as result control over the drugs can also be attained.

Conclusion:

Understanding the simple and very basic concept on relationship between food and alcoholism, an ordinary man can even recover out easily from addiction to alcohol, without much pain. The statistics on raising number of people with substance abusive behavior also shows their innocence and ignorance on the part of opting to a balanced dietary practice. In India, the knowledge about the diet, nutrition, balanced diet is generally very less. Education on balanced diet may become a preventive tool for normals and it would be a supplemental curative aid in the path of recovery for those, addicted to substances.

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